Instructions for use

AVM 230

AVM 360

Whirlpool Home Appliances

4619 694 09222

Whirlpool Sweden AB

Content

	Page
Electrical connection	1
Before you operate the oven	1
Control panel	2
Symbol description	2
Oven overview	2
Important when using your microwave oven	3
Standard accessories	3
Optional clock display	4
Cooking interruption	5
Time and power	5
Auto defrost function	6
Manual defrost function	7
Jet start function	7
Quick heat function	8
Forced air function	8
Forced air in combination with microwaves	9
Grill function	10
Grill in combination with microwaves	10
Crisp function	11
Auto crisp function	12
Stage function	13
Memory function	14
Add function	14
Maintenance	15
Service	15
Data for test heating performance	16
Technical specifications	16

Data for test of heating performance

in accordance with IEC 705.
The International Electrotechnical Commission, SC 59H, has developed a standard for comparative testing of heating performance of different microwave ovens. We recommend the following for this oven:

AVM 230				
Test	**Amount**	**Approx. time**	**Power level**	**Container**
A	1000 g	12 min	750 W	Pyrex 3.226
B	475 g	5 1/2 min	750 W	Pyrex 3.827.80
C	900 g	14 min	750 W	Pyrex 3.838.80
Defrosting, minced meat	500 g	14 1/2 min on auto		Pyrex 3.838.80 Place on a plastic plate

AVM 360				
Test	**Amount**	**Approx. time**	**Power level**	**Container**
A	1000 g	12 min	750 W	Pyrex 3.226
B	475 g	5 min	750 W	Pyrex 3.827.80
C	900 g	14 min	750 W	Pyrex 3.838.80
Defrosting, minced meat	500 g	14 1/2 min on auto		Pyrex 3.838.80 Place on a plastic plate

Technical specifications

Technical specifications		
Type number	**AVM 230**	**AVM 360**
Supply voltage	230-240 V/50 Hz	230-240 V/50 Hz
Power consumption	2400 W	2400 W
Fuse	10 A	10 A
Microwave power (acc. to IEC705. 1000 g water)		
High	800 W	800 W
	750 W	750 W
Medium high	650 W	650 W
Medium	500 W	500 W
	350 W	350 W
Medium low/defrost	160 W	160 W
Low/keep warm	90 W	90 W
Power Grill	1000 W	1000 W
Power Forced air	1400 W	1400 W
Power Grill + Microwaves	650 W	650 W
	500 W	500 W
	350 W	350 W
	160 W	160 W
Defrost food class table	**Weight interval**	
1 - 4	50-500 g	
	500-800 g	
	800-2000 g	
5	50-500 g	
	500-800 g	
	800-3000 g	
Auto crisp food class table	**Weight interval**	
1	150-750 g	150-600 g
2	200-800 g	200-800 g
3	200-750 g	200-750 g
4	250-750 g	200-600 g
Timer	Electronic	Electronic
Dimensions:	**HxWxD**	**HxWxD**
Outer dimensions:	330x553x537	332x548x468
Oven compartment:	227x375x395 34 L	225x346x341 27 L

Electrical connection

Prior to connecting, check that the voltage on the rating plate corresponds to the voltage in your home.

The earthing of this appliance is compulsory by law. The manufacturer will accept no responsibility for injury to persons or damage to objects arising from the non-observance of this requirement.

⚠ WARNING!

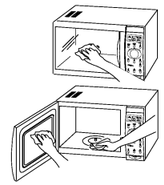
THIS APPLIANCE MUST BE EARTHED! ⏚

Before you operate the oven

Please read the instructions and guarantee information and keep for future reference.

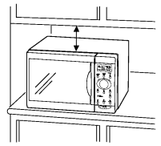
Please complete the guarantee card and send to our Service Department.

Make sure that the appliance is not damaged. Check that the oven door closes firmly against the door support and that the internal door seal is not damaged. Empty the oven and clean inside it with a soft, damp cloth.

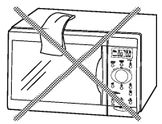


Place the oven on a stable, even surface that is strong enough to hold the oven and the food utensils you put in it. The control side of the unit is the heavy side. Use care when handling.

Place the oven at a distance from other heating sources. The cooling air, which is taken in by the oven, must not exceed 35°C temperature. For sufficient ventilation there must be a space of at least 10 cm above the oven.

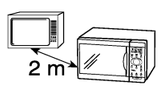


The ventilation openings on the oven must not be covered. Blocking the air intake or exhaust vents may cause damage to the oven and poor cooking results. Make sure the microwave oven feet are in place to ensure proper airflow.



The oven can be operated only if the oven door is firmly closed.

Poor television reception and radio interference may result if the oven is located close to a TV, radio or aerial.



The packaging material is recyclable and marked with the symbol for recycling ♺.

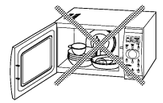
Do not operate this appliance if it has a damaged mains cord or plug, if it is not working properly, or if it has been damaged or dropped. Electrical shock, fire or other hazards may result.

Do not immerse the mains cord or plug in water. Keep the cord away from hot surfaces.

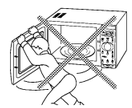
Do not let the mains cord hang over edge of table or counter.

Do not store or use this appliance outdoors. Do not use this product near a kitchen sink, in a wet basement, or near a swimming pool, or similar.

Do not use the cavity for storage purposes.
Do not leave paper products, cooking utensils, or food in the cavity when not in use.



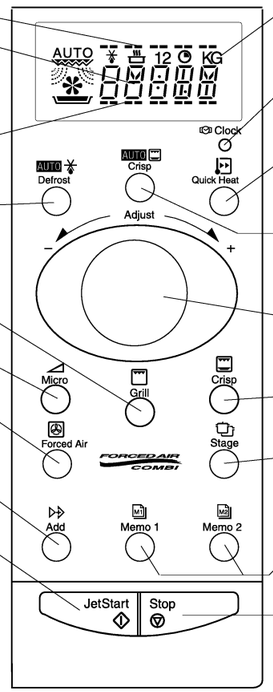
Never lean on the door or allow a child to swing on it when the door is open. Injury could result.



⚠ WARNING!

The appliance should not be operated without food in the oven when using microwaves. Operation in this manner is likely to damage the appliance.
If you practice operating the oven, put a glass of water inside. The water will absorb the microwave energy and the oven will not be damaged

Control panel



Power bar. Displays the set power level.

Digital display. This display includes a 24 hour clock and indicator symbols to tell you the time of day, cooking time, power level, selected food classes and selected temperature level.

Temperature bar. Displays the set and current temperature level.

Auto defrost button. Use this button to select the desired food class before defrosting food.

Grill button. Use this button to select the grill function.

Micro button. Press this button to set the desired power level.

Forced air button. Use this button to select the Forced air function.

Add a little bit more button. Use this button when you want to cook just a little bit more to finish.

Start / Jet Start button. Press this button to automatically start with the maximum power level and the cooking time set to 30 seconds. Each additional press increases the cooking time by 30 seconds. This button also works as a normal start button after setting a function.

Weight indicator. Indicates that the display is displaying weight instead of time.

Clock button. Use this button to select the 24 hour clock and set the time of day.

Quick heat button. Press this button to quickly preheat the oven cavity.

Auto weight crisp button. Use this button to select the desired food class before crisping.

Adjust knob. Use this knob to set the cooking time, time of day or weight of food to be defrosted.

Crisp button. Use this button when cooking with the Crisp plate (manually).

Stage button. Use this button to temporary store a cooking sequence.

Memory buttons. Use these buttons to store your favourite settings. All functions can be stored for easy access.

Stop button. Use this button to stop or reset any of the oven functions.

Symbol description

Clock symbol

Defrost symbol

Quick heat symbol

Crisp symbol

Microwave power symbol

Grill symbol

Stage symbol

Add a little bit more symbol

Memory symbol

Microwave symbol

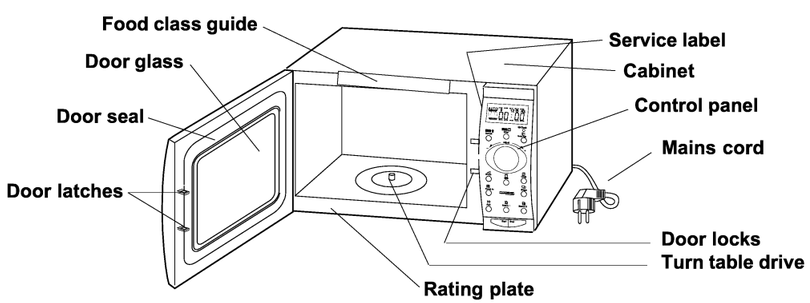
Function finished symbol

Forced air symbol

Start symbol

Stop symbol

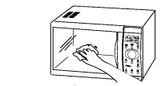
Oven overview



Maintenance

Your VIP microwave oven has a stainless steel interior. Unlike the painted steel interiors found in most other microwave ovens, the surface will not chip, rust or corrode.

Cleaning is the only maintenance normally required. It must be carried out with the microwave oven disconnected.



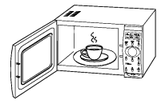
Do not use metal scouring pads on the inside of the oven cavity. They will scratch the surface.

At regular intervals, especially if spillovers have occurred, remove the turn-table, the turn-table support and wipe clean the base of the oven.
This oven is designed to operate with the turn-table in place. **Do not** operate the microwave oven when the turn-table is removed for cleaning.

Use a mild detergent, water and a soft cloth to clean the interior surfaces, front and rear of the door and the door opening.

Do not allow grease or food particles to build up around the door.

For stubborn soil, boil a cup of water in the oven for 2 or 3 minutes. Steam will soften the soil.



Odours inside the oven can be eliminated by placing a cup of water with lemon juice added into the oven and boiling the mixture.

The Grill element does not need cleaning since it becomes so hot that the soil is burned off but the ceiling beneath it may need regular cleaning. Clean with warm, detergent water and a sponge.

Important:
The door seals and the door seal areas must be regularly inspected for damage. If these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

⚠ WARNING!

Abrasive cleansers, steel-wool pads, gritty wash cloths, etc., can damage the control panel, and the interior and exterior oven surfaces. Use a sponge with a mild detergent or a paper towel with spray glass cleaner. Apply spray glass cleaner to a paper towel.
Do not spray directly on the oven.

Service

If the oven does not work, do not make a service call until you have made the following checks:

* The Turn-table and turn-table support is in place.
* The Plug is properly inserted in the wall socket.
* The Door is properly closed.
* Check your Fuses and make sure that there is power available.
* Wait for ten minutes and then try to operate the oven once more.

This is to avoid unnecessary calls for which you will be charged.
When calling for Service, please give the serial number and type number of the oven (see Service label).

Important:
If the mains cord needs replacing it should be replaced by the original mains cord which is available via our service organisation. The mains cord must only be replaced by a trained service technician.

⚠ WARNING!

Service only to be carried out by a service technician trained by the manufacturer. It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service.

If you need service

Whirlpool has a national network of authorised engineers and authorised service companies. Whirlpool service technicians are trained to fulfil the product warranty and provide after - warranty service, anywhere in Australia. To locate the authorised Whirlpool service company in your area, call your local dealer or look in your telephone directory under:

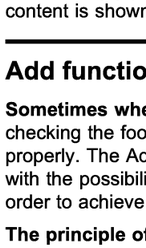
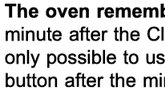
Appliance - household - major, service & repair
- See: Whirlpool Appliances or Authorised Whirlpool Service
(Example: XYZ Service Co.)

Whirlpool SM SERVICE

Memory function

The Memory function provides you with an easy way to quickly recall a preferred setting or combination of functions. Simply press a Memory button and then the Start button.
The principle of the Memory function is to store whatever function and setting that is currently displayed.
When the appliance is plugged in or after a power failure, your oven memories will have stored the following:
M1 - 1 minute and 750 W
M2 - 3 minutes and 750 W

The two memories are fully re-programmable. To re-program a Memory, select a function and make the necessary settings. Keep the Memory button pressed until an acoustic signal is heard. You may re-program the memories as many times as you wish.

User action:	Oven reaction:
	
1. Press one of the MEMORY buttons.	* The Memory content is then shown on the digital display.
2. Press the START button.	 * The oven operates.
	When the memorised program has ended the oven stops automatically and an acoustic signal is heard.

How to re-programme a memory

Lets say we wish to cook some items for 1 minute at Power Level 650 W.

1. Turn the ADJUST knob until one minute is displayed.	
2. Press the MICRO button until 650 W is displayed.	
3. Press one of the MEMORY buttons until an acoustic signal is heard. (Approximately 2 seconds).	
4. Press the STOP button.	

The Memory has now been programmed. To check what is stored, simply press the Memory button again and the Memory content is shown on the display.

Note: When new values are stored in the Memory the old Memory content is erased.

Add function

Sometimes when the cooking is finished, you find upon checking the food, that it needs just a little bit more to finish off properly. The Add a little bit more function then provides you with the possibility to continue cooking just a little bit more in order to achieve the best result.

The principle of the Add function is to keep the current settings and calculate a small percentage of the previously used cooking time. It then continues to cook with the new cooking time.

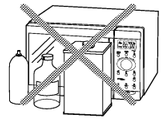
The cooking time you obtain when pressing the ADD button is not the same every time. It depends on the cooking time you just used and the chosen function.

The oven remembers the last used cooking setting for 1 minute after the Clock is displayed again. The Add function is only possible to use during this minute. If you press the ADD button after the minute has passed, nothing happens.

You use the Add function by simply pressing the Add a little bit more button after the cooking is finished and then the start button.

Important when using your microwave oven

Do not heat, store or use flammable materials in or near the oven. Fumes can create a fire hazard or explosion.



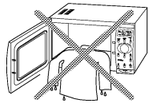
Do not use your microwave oven for cooking or reheating whole eggs with or without shell.

Use this appliance only for its intended use as described in this manual.

Do not use corrosive chemicals or vapours in this appliance. This type of oven is specifically designed to heat or cook food. It is not designed for industrial or laboratory use.

Do not over-cook food. Fire could result.

Do not use your microwave oven for drying textiles, paper, spices, herbs, wood, flowers, fruit or other combustible materials. Fire could result.



Do not use your microwave oven for heating food or liquids in airtight sealed containers. The pressure increases and may cause damage when opening or may explode.

Some foods which has a low water content E.g. oil, chocolate and some pastries with sweet fillings, must be heated carefully.

Do not use your microwave oven for deep frying, because you cannot control the oil temperature.

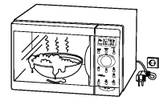
One of the major advantages of microwave ovens is the short cooking time. Therefore, do not exceed recommended times for cooking or re-heating food.

Always refer to a microwave cookbook for details. Especially, if cooking or reheating food that contains alcohol.

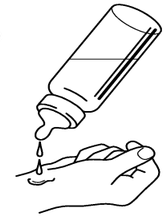
Do not leave the oven unattended, especially when using paper, plastic or other combustible materials in the cooking process. Paper can char or burn, and some plastics can melt if used when heating foods. As with any appliance, close supervision is necessary when used by children.

Remove wire twist-ties from paper or plastic bags before placing bag in the oven.

If material inside the oven should ignite, keep oven door closed, turn the oven off and disconnect the power cord or shut off power at the fuse or circuit breaker panel.



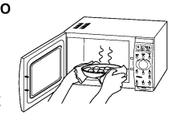
After heating baby food or liquids in a baby bottle, always stir and check the temperature before serving. This will ensure that the heat is evenly distributed and the risk of scalding or burns can be avoided.
Ensure the Lid and the Teat is removed before heating!



When heating liquids, e.g. beverages or water in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid.
To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
2. Stir the liquid before placing the container in the oven and let the teaspoon remain in the container.
3. After heating, allow to stand for a short time, stirring again before carefully removing the container from the oven.

Use hot pads. Microwave energy does not heat containers, but the hot food does. Heat from the Grill and Forced air will cause container and oven parts to become hot. Also the Crisp-plate always becomes very hot when used.
Use oven mitts when touching containers, oven parts, and pan after cooking to prevent burns.



Standard accessories

⚠ CAUTION!

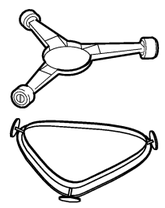
There are a number of accessories available on the market. Before you buy, make sure they are suitable for microwave use.

When you put food in the microwave oven, make sure that food, food supports or covering do not come in direct contact with any of the internal walls or the ceiling of the cavity.

Turn table support

Use the Turn table support under the Glass Turn-table. Never put other utensils than the Glass Turn-table directly on the Turn table support. The Turn table support may be cleaned in dishwashers.

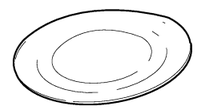
* Fit the Turn table support on its locator in the oven.



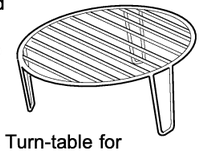
Glass turn-table

Use the Glass Turn-table with all cooking methods. The Glass Turn-table collects the dripping juices and food particles that otherwise would stain and soil the interior of the oven. The Glass Turn-table may be cleaned in dishwashers.

* Place the Glass Turn-table on the Turn table support.

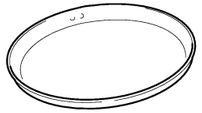


Grill-grid



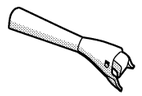
Use the High Grill-grid to place the food close to the Grill element.
Use the Low Grill-grid together with the Forced air function to allow the hot air to circulate around the food. Use it also for bi-level reheating with microwaves.
Always place the Grill-grids on the Glass Turn-table for support and collecting the dripping juices. You may damage the oven if you place the Grill-grids directly on the bottom of the oven. Use oven gloves when removing the hot Grill-grids. The Grill-grids may be cleaned in dishwashers.

Crisp-plate



Place the food directly on the Crisp-plate. Always use the Glass Turn-table as support when using the Crisp-plate. The Crisp-plate may be preheated before use. Use oven mitts or the supplied special Crisp handle when removing the hot Crisp-plate. The Crisp-plate may also be used as a baking plate when using the Forced air function. If the Crisp-plate is used in the Forced air function, it shall always be placed on the low grill grid.
The Crisp-plate can be cleaned in mild, detergent water. Heavily soiled areas can be cleaned with a scouring sponge and a mild cleanser.
Do not use steel-wool pads. They will scratch the surface.

Crisp handle



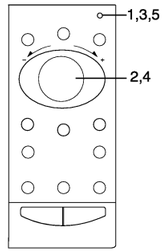
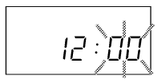
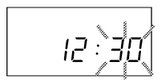
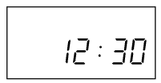
Use the supplied special Crisp handle to remove the hot Crisp plate from the oven.
The Crisp handle may be cleaned in dishwashers.

Optional clock display

When the appliance is first plugged in or after a power failure, the display is blank.
The facility is available, if required, to have a 24 hour digital Clock display. If the Clock function is not programmed into the oven then the display will remain blank until the cooking time is set.

Keep the door open during setting the Clock. This gives you 10 minutes to finish the setting of the Clock.

If the door is kept shut, each step must be accomplished within 30 seconds. If not, the oven returns to “stand by“ and you will have to start again.

User action		Oven reaction	
	1. Press the CLOCK button.		* The two left hand figures (hours) flicker.
	2. Turn the ADJUST knob to set the hours. Stop when the correct hour has been reached.		* The set hours will continue to flicker
	3. Press the CLOCK button again.		* The two right hand figures (minutes) flicker.
	4. Turn the ADJUST knob to set the minutes. Stop when the correct minute has been reached.		* The set minutes will continue to flicker.
	5. Press the CLOCK button again.		* The Clock operates.

Note:
If you wish to remove the Clock from the display once it has been set, simply press the Clock button again and then press the Stop button. To reinstall the Clock, follow the above procedure.

Stage function

Stage cooking is always executed from left to right, e.g. Stage 1 and then Stage 2. When the first Stage is finished an acoustic signal is heard and the oven immediately starts the next Stage.

The principle of the Stage function is that whatever is displayed is stored when the Stage button is pressed.

Use the Stage function when you want to cook with different methods in sequence. It is excellent to use the second Stage as an automatic standing time function for foods which do well with a standing time after cooking. Simply enter a time and no power in the second Stage to achieve this.

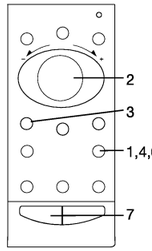
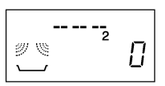
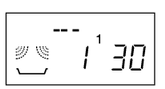
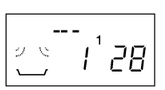
When the second Stage is displayed and the Stage button is pressed again the information in Stage one is shown. Press again if you want to check the second Stage. It does not matter which Stage that is displayed when you press the Start button. The oven always starts with Stage one.

The Stage function is a temporary memory which is always ready to be reprogrammed when the cooking sequence is finished or the Stop button is pressed. If you have a favourite sequence which you often make use of, you may consider to store the Stage sequence in one of the re-programmable memories.

You may select any of the oven functions to be run in sequence. We have chosen to describe the Time and Power function in order to show you the principle for handling the Stage function.

⚠ WARNING!

Do not run Auto weight defrost, Auto crisp or manual Crisp in the same Stage sequence.
They can be combined with any other functions separately but they **must not be used together** since the Auto weight defrost is not designed to run with the Crisp plate and the Auto crisp is not designed to run without the Crisp plate.

User action:		Oven reaction:	
	1. Press the STAGE button.		* The first Stage (indicated by 1) is opened, ready to be programmed. * 5 seconds is displayed.
	2. Turn the ADJUST knob to set the cooking time.		
	3. Press the MICRO button to set the required power.		
	4. Press the STAGE button again.		* The second Stage (indicated by 2) is opened, ready to be programmed. * 0 seconds is displayed.
	5. Repeat steps 2-3 to programme the second Stage. 6. Press the STAGE button again.		* The display is now showing the information stored in the first Stage.
	7. Press START button.		* the Stage cooking process begins. **When Stage 1 is finished** an acoustic signal is heard and the oven immediately starts Stage 2. **When Stage 2 is finished** an acoustic signal is heard again and the oven switches off.

Note:
Either one of the two Stages can be checked and / or altered before pressing the Start button. Simply press the Stage button repeatedly to toggle between the two Stages.

Auto crisp function

Your microwave oven has an automatic Crisp function for ready made foods. This function enables you to quickly reheat your food in one step to serving temperature. The oven needs to know the type of food to be crisped and the net weight of the food. Four food categories have been designed into your oven. They will provide you with good end results. Each subsequent press will select the next food category.

If the weight is less than the minimum weight:
Use the manual "Crisp function" to crisp the food manually. Experience will give you the correct time for your favourite small amount foods.

If the weight is greater than the maximum weight:
Divide the food into two or more pieces and proceed to Auto Crisp each piece separately.
If it's not possible to divide the food, you must use the manual "Crisp function" to crisp the food manually. With greater amounts it is necessary to stir or turn the food during Crisping and this is best done with the manual "Crisp function".

Auto Crisp is used only for ready made foods

1 Frozen potato products
* Chips
* Wedges
* Gems

2 Frozen pizza

3 Pies & pastries
* Meat pies (from room or refrigerator)
* Sausage rolls (from frozen)

4 Frozen chicken Nuggets

⚠ IMPORTANT!

Do not place any containers or wrappings on the Crisp plate!

Only the food is to be placed on the Crisp plate.

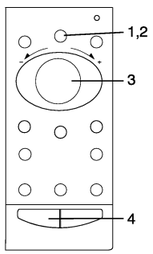
If you cook from frozen, please follow the instructions below.

Take the frozen food directly from the freezer and place it on the crisp plate.

The Auto Crisp gives best results, if the food is at -18°C and the food to be Auto Crisped is taken directly from the freezer.

If the food is warmer than deep-freeze temperature (-18°C) e.g. is stored in the freezing compartment of the refrigerator, which is not a three star, the Auto Crisp time calculated by the oven will be too long and you may risk over-cooking the food.
Choose in that case lower weight of the food and by that shorter Auto Crisp time. Choose also lower weight of the food to be Auto Crisped, if the food is stored outside the freezer for times up to 20 minutes.

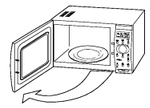
If the food is stored outside the freezer for more than 20 minutes you shall choose the manual "Crisp function" to crisp the food manually. Experience will give you the correct times needed.

User action:	Oven reaction:
	
1. Press the AUTO CRISP button.	* The display now shows weight in grams (G) and the first of the four food categories is indicated.
2. Continue to press the AUTO CRISP button to select the food categories needed.	
3. Turn the ADJUST knob to set the weight of the food to be Auto Crisped.	
4. Press the START button.	* The cooking process begins. * The Microwave symbol flashes. * The cavity lamp lights up. * The fan operates. * The Auto Crisp time is displayed counting down.
	When the Auto Crisp program is finished an acoustic signal is heard

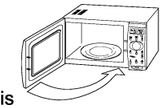
Note:
It is not possible to change or switch on/off the Power level or Grill when using the Auto Crisp function.
The time displayed refers to AVM 360.

Cooking interruption

To interrupt the cooking process:
If you wish to check, stir or turn the food just open the door and the cooking process automatically stops. When the door is opened the cooking time and functions remain set for 10 minutes to indicate that the cooking / reheating has been interrupted. If you open the door please consider the following:



To restart the cooking process:
Close the door and press the START button once.
Note: The cooking process continues from where it was interrupted if the START button is pressed once. Pressing the START button twice also increases the time by 30 seconds.

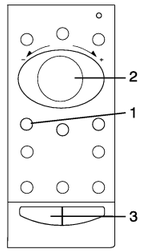


If you don't want to continue cooking:
Remove the food, close the door and press the STOP button

If you don't interrupt the cooking process:
When the cooking process is finished, the oven will beep once every minute for 10 minutes, unless the door is opened or the STOP button is pressed.
Note: It is possible to change both Time and power during cooking except when using Auto weight defrost and Auto weight crisp functions

Continued cooking:
When the cooking process is finished, the oven keeps the current settings for 10 minutes unless the STOP button is pressed. This enables you to continue cooking simply by first pressing the ADD a little bit more button and then the START button. You may also continue cooking simply by pressing the START button a few times. In this case the oven only increases the time by 30 seconds in each press. All other settings remain the same.
Note: The oven keeps the settings for only 30 seconds if the door is opened and then closed after the cooking is finished.
Child safety / empty oven start protection:
This oven has an automatic child safety function which is activated one minute after the oven has returned to “stand by“. The oven is in “stand by“ when the 24 hour Clock is displayed or if the Clock has not been set, when the display is blank. The door must be opened and closed e.g. putting food into it, before the safety lock is released. If you try to operate the oven without putting food into it the display will display “door“ indicating that you must open and close the door before operating the oven.

Time and power

User action	Oven reaction
	
1. Press the MICRO button repeatedly to select a desired Power level. Continuously pressing the Micro button simply steps the Power level rapidly up to maximum power and starts at 0 W again. Release the button when the correct level has been reached.	
2. Turn the ADJUST knob until the required time is indicated.	
3. Press the START button.	* The Microwave working symbol flashes. * The cooking process begins. * The cavity lamp lights up. * The fan operates. * The cooking time is displayed counting down **When the cooking time has elapsed** an acoustic signal sounds and the cooking process is switched off.

Note:
Once the cooking process has been started the time can easily be increased in 30 second steps by pressing the Start button. Each press increases the time with 30 seconds. You may also alter the time by turning the Adjust knob to increase or decrease the time.

Pressing the Micro button once during cooking displays the current Power level for 3 sec. Pressing more than once changes the Power level to a new setting.

Hint:
The most used power level when cooking or reheating is 750 W. This is also the default setting when pressing the Micro button or turning the Adjust knob.
If 750 W is required in your recipe, all you need to do is to set the time with the Adjust knob and press the Start button. The oven is automatically working with the default power level.

Auto defrost function

Your microwave oven has a special automatic defrosting function, which provides you with good end results. The oven needs to know the type of food to be defrosted and the net weight of the food. Five food classes have been designed into your oven and they cover the whole spectrum of food. Each subsequent press will select the next food class.
Auto Defrost is used for defrosting of **raw, parboiled, pre-cooked food** and **bread.**

1 Bread
* Buns
* Rolls
* Bread loaf
* Biscuits

2 Vegetables
* Broccoli
* Cauliflower
* Mixed vegetables

3 Meat
* Pork chops
* Steaks
* Roasts
* Minced meat

4 Fish
* Cod steaks
* Plaice fillets
* Trout

5 Poultry
* Chicken, whole or in pieces
* Turkey

⚠ IMPORTANT!

When using the automatic defrost function,
the weight to be entered is the net weight in grams meaning only the weight of the food, the vessel excluded.

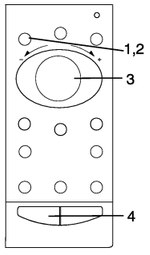
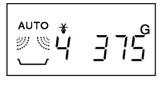
The Auto defrost function gives best results,
if the food is at -18°C and the food to be defrosted is taken directly from the freezer.

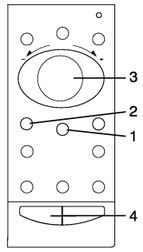
If the food is warmer than deep-freeze temperature (-18°C) e.g. is stored in the freezing compartment of the refrigerator, which is not a three star, the defrosting time calculated by the oven will be too long and you may risk over-cooking the food. Choose in that case lower weight of the food and by that shorter defrosting time.

Choose also lower weight of the food to be defrosted, if the food is stored outside the freezer for times up to 20 minutes.

Defrost by time and power if the food is stored outside the freezer for more than 20 minutes and for defrosting ready-made food. Standing time always improves the result.

Small pieces of aluminium foil may be used to shield e.g. chicken wings, leg tips and fish-tails but the foil must not touch the side of the oven as damage may occur.

User action	Oven reaction
	
1. Press the AUTO DEFROST button.	 * The display now shows weight in grams (G) and the first of the five food classes is indicated.
2. Continue to press the AUTO DEFROST button to select the food class needed	
3. Turn the ADJUST knob to set the weight of the food to be defrosted.	
4. Press the START button.	 * The defrosting process begins. * The Microwave working symbol flashes. * The cavity lamp lights up. * The fan operates. * The defrosting time is displayed counting down **When the Defrost program is finished** an acoustic signal is heard



3. Turn the ADJUST knob until the required time is indicated.

4. Press the START button.

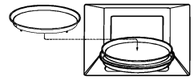
* The Microwave symbol flashes.
* The Grill indicator is flickering.
* The cavity lamp lights up.
* The fan operates.
* The cooking time is displayed counting down.

When the cooking time has elapsed an acoustic signal sounds and the cooking process is switched off.

Crisp function

Do not place any utensils on the Crisp-plate since it will very soon become very hot and is likely to cause damage to the utensil.

Always place the Crisp-plate on the Glass turn-table.



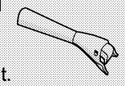
The Crisp-plate will give foods such as pizzas and pies a nice crisp, brown bottom surface. Use this function to refresh and crisp pre-cooked pizzas and other dough based foods. Use it also to fry bacon and eggs, sausages, hamburgers etc.

Place foods directly on the Crisp-plate. Brush the Crisp-plate with oil before use. This will make it easier to remove foods from the plate and to clean it after use.

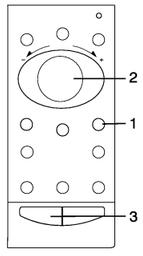
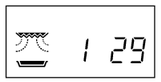
The oven is automatically working with Microwaves and Grill in order to heat the Crisp-plate. This way the Crisp-plate will rapidly reach its working temperature and begin to brown and crisp your food. The Crisp-plate may be preheated before use.

⚠ CAUTION!

The oven and the crisp-plate becomes very hot when using this function. **Use oven mittens** or **the special Crisp handle** supplied when removing the hot Crisp-plate.
Do not touch the ceiling beneath the Grill element.
Ensure that the Crisp-plate is properly placed in the middle of the Glass Turn-table.



Note:
It is not possible to change or switch on/off the Power level or Grill when using the Crisp function.

User action	Oven reaction
	
1. Press the CRISP button.	 * 5 sec is displayed * The Crisp indicator is lit
2. Turn the ADJUST knob until the required time is indicated.	
3. Press the START button.	 * The cooking process begins. * The Microwave working symbol flashes. * The cavity lamp lights up. * The fan operates. * The cooking time is displayed counting down **When the cooking time has elapsed** an acoustic signal sounds and the cooking process is switched off.

Grill function

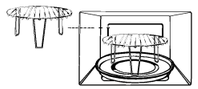
When using the Grill you don't need any browning agents such as gravy browning, soy sauce or powder forms to enhance the appearance. The Grill which is placed in the ceiling of the oven compartment, will quickly give a nice brown surface to the food.

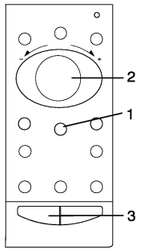
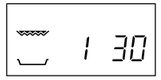
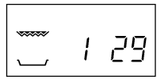
For best results reposition food and turn over half way through cooking.

Do not leave the oven door open for long periods when the Grill is in operation as the temperature will drop.

Important!
Ensure that the utensils you use are heat resistant and oven proof before grilling with them. Plastics, paper, or wood are not recommended.
Do not use plastic utensils when grilling. They will melt.

Always place the Grill-grid on the Glass Turn-table to collect the dripping juices.



User action	Oven reaction
 1. Press the GRILL button.	* 5 sec is displayed. * The Grill symbol is lit.
2. Turn the ADJUST knob until the required time is indicated.	
3. Press the START button.	 * The Grill indicator is flickering. * The cooking process begins. * The cavity lamp lights up. * The fan operates. * The cooking time is displayed counting down. **When the cooking time has elapsed** an acoustic signal sounds and the cooking process is switched off.

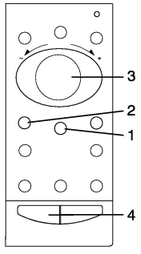
Note:
Pressing the Grill button during cooking switches the Grill element on and off. The timer will continue to count down when the Grill element is turned off.

Grill in combination with microwaves

During Grilling you can switch the Microwaves on/off simply by pressing the Micro button. The maximum possible microwave power level when using the Grill is 650 W. You may also switch the Grill element on/off by pressing the Grill button.

Important!
Ensure that the utensils you use are oven proof and allow microwaves to pass through them before Grilling with microwaves combined.

How to choose the correct power level	
Power level	**Suitable foods**
90 - 160 W	Large cuts of Meat
160 - 350 W	Fish
350 - 500 W	Poultry
500 - 650 W	Gratins

User action	Oven reaction
 1. Press the GRILL button.	* 5 sec is displayed. * The Grill indicator is lit.
2. Press the MICRO button repeatedly to select a desired Power level. Continuously pressing the Micro button simply steps the Power level rapidly up to 650 W and starts at 0 W again. Release the button when the correct level has been reached.	* The Microwave indicator is lit.

Manual defrost function

Manual Defrost function ⁂ **(160 W)** is used for food items that should only be slightly heated but not completely defrosted.
Use this function when defrosting very small items (less than 50 grams) such as a single bun or biscuit. This function is also to be used for such foods as shellfish, berries, soups and ready made foods.

How to use the manual defrost function

Follow the procedure for "Time and Power" and choose ⁂ 160 W when defrosting.
When softening ice-cream or butter you should choose 90 W.

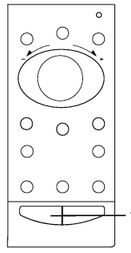
Check and inspect the food regularly. Experience will give you the times needed for various amounts.

Jet start function

Pressing the Jet Start button, the time is increased in 30 second steps and the oven automatically starts with maximum power. Pressing the Jet Start button once during normal cooking simply increases the time by 30 seconds in each press. The power is not affected.

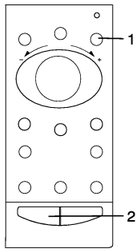
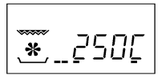
Use this function for quick reheating of foods such as clear soups, coffee, tea or other foods with high water content.

If you open and then close the door during normal cooking (cooking interruption), then restarting by pressing the Jet Start button once does not affect the set Time and Power. Pressing the Jet Start button again increases the time by 30 seconds in each press.

User action	Oven reaction
 1. Press the JET START button.	* The cooking Process begins. * The Microwave working symbol flashes. * The Power level bar is scrolling. * The cavity lamp lights up * The fan operates * The cooking time is displayed counting down. **When the cooking time has elapsed** an acoustic signal sounds.

Quick heat function

Sometimes it is necessary to preheat the oven to obtain the very best result. This is quickly obtained with the Quick Heat function. Preheating of the oven is usually done before using the Forced air function. The oven therefore switches to this function automatically when the set temperature is reached. The oven then **keeps** the set temperature for 10 minutes before switching off. During this time the oven is waiting for you to insert the food and make the normal settings for cooking.
Preheating is always done with the oven empty, therefore it is important that the microwave function is off. This oven always deselects the microwave function automatically when you press the Quick Heat button, for safety.
If you want to cook with Forced air and microwaves combined, you have to select microwaves after the preheating is finished.

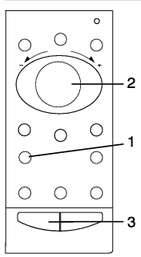
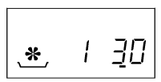
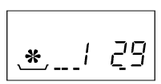
User action:	Oven reaction:
 1. Press the QUICK HEAT button repeatedly to select a desired end temperature. Continuously pressing the Quick Heat button simply steps the temperature level rapidly up to 250°C and starts at 50°C again. Release the button when the correct level has been reached.	* The temperature indicator is flickering.
2. Press the START button.	 * The heating begins. * The cavity lamp lights up. * The fan operates. * The set temperature is displayed.

Note:
During the heating process the current temperature is indicated and rising on the temperature bar.
Once the heating process have been started the temperature can easily be adjusted by pressing the Quick Heat button.
When the set temperature is reached, an acoustic signal sounds and the oven switches to the Forced air function.
* The Forced air indicator is lit.

Forced air function

Forced air operates by hot air coming from the rear wall. It is then circulated by a fan which ensures even heat distribution throughout the cooking. The heat completely envelopes the food, sealing in the flavour. The cooking is done at a slightly lower temperature than conventional cooking. E.g. if the recommended temperature for a conventional oven is 200°C, you should choose 175°C.
Don't leave the door open for long periods as the temperature inside will drop.
Due to the fan action it is possible to cook different types of food at the same time.

For cooking times under 20 minutes, preheat the oven using the Quick Heat function. When the temperature is reached the oven switches automatically to Forced air, insert the food, close the door and set the cooking time. Press the start button.
Forced air is ideal for cooking meringues, pastry, sponge cakes, soufflés, poultry, roast meats and convenience foods.
Use the low Grill-grid to put food on to allow the air to circulate properly around the food.
Use the Crisp plate as a baking plate on top of the low Grill-grid when baking cookies, meringues or rolls.

User action:	Oven reaction:
 1. Press the FORCED AIR button repeatedly until the desired temperature setting is reached.	* The Forced air indicator is lit.
2. Turn the knob until the required time is indicated.	
3. Press the START button.	 * The Forced air indicator is flickering * The cooking process begins. * The cavity lamp lights up. * The fan operates. * The cooking time is displayed counting down
	When the cooking time has elapsed an acoustic signal sounds and the cooking process is switched off.

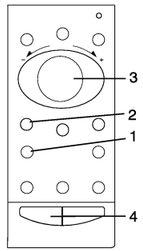
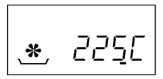
Note:
During the heating process the current temperature is indicated and rising on the temperature bar.
Once the heating process have been started the temperature can easily be adjusted by pressing the Forced air button.

Forced air in combination with microwaves

During Forced air cooking you can switch the Microwaves on/off simply by pressing the Micro button. The possible power levels when using the Forced air is 90 W and 160 W.
Forced air combined with microwaves is ideal for cooking roast meats, poultry, sponge cakes, fish and puddings.
For best results: Combined cooking functions normally call for higher temperatures, to allow the oven to operate correctly e.g. if you usually cook a recipe at 175°C Forced air only, you will need to increase the temperature by approx. 25°C to 200°C when using Forced air and microwaves.

Don't leave the door open for long periods as the temperature inside will drop.

Important!
Ensure that the utensils you use are oven proof and allow microwaves to pass through them before cooking with Forced air and microwaves combined.

User action:	Oven reaction:
 1. Press the FORCED AIR button repeatedly until the desired temperature setting is reached.	 * The Forced air indicator is lit.
2. Press the MICRO button to select a desired Power level. Release the button when the correct level has been reached.	* The Microwave indicator is lit.
3. Turn the ADJUST knob until the required time is indicated.	
4. Press the START button.	* The Microwave indicator is flickering. * The Forced air indicator is flickering * The cooking time is displayed counting down
	When the cooking time has elapsed an acoustic signal sounds and the cooking process is switched off.

Note:
During the heating process the current temperature is indicated and rising on the temperature bar.
Once the heating process have been started the temperature can easily be adjusted by pressing the Forced air button. Also the power level is possible to change by pressing the Micro button.